



TRANSLATOR'S FOREWORD	3
INTRODUCTION	4

CHAPTER 1

WELCOME TO THE WORLD OF MOTHERHOOD	13
Preparing to welcome the newborn.....	14
Baby's first cry	18
How will your newborn look?	18
Jaundice.....	21
Vaccinations	23
Islamic rulings concerning the newborn.....	25

CHAPTER 2

CARE OF THE MOTHER AFTER BIRTH.....	33
Physical changes in the mother immediately after birth..	33
Essential care of the mother after childbirth.....	36
What is the best way to lose weight after giving birth?...42	
Maintaining your weight.....	43
Proper diet for a woman after giving birth.....	45
Postnatal exercises and the importance thereof.....	47
Types of exercise that are not recommended during the first few weeks after giving birth	47
Advice to the new mother.....	48
Exercises to regain your figure	48
Your figure and girdles.....	50
Emotional care of the mother after giving birth.....	52
Enjoy your child and overcome any feelings of distress or depression	54

Going back to work.....	56
When is the right time to go back to work?	57

CHAPTER 3

TAKING CARE OF YOUR BABY FROM BIRTH TO 3 MONTHS	58
Taking care of baby.....	58
Feeding your baby.....	59
Breastfeeding	59
The first feeding	62
Expressing breast milk.....	66
Contraindications for breastfeeding.....	71
Bottle feeding.....	72
Burping	77
Keeping your baby clean	78
Diapers (nappies)	82
Dressing your baby	86
Carrying your baby	88
Common childhood problems.....	89
High temperature	89
Heat rash	92
Crying	93
How much do babies cry on average?	94
Your baby's crying: causes and remedies	94
Colic.....	96
Causes that may lead to colic.....	97
How to deal with colic	97
Work out your baby's problem from the sound of his crying	99
Say No to emotional weaning	100

Sleep.....	103
Average sleep times of babies.....	104
Is it better for the mother to sleep next to her child?	105
Where should the newborn baby sleep?.....	106
Should the baby sleep on his back or on his tummy?	107
Do babies dream?.....	108
Should I leave my baby to cry on his own until he goes to sleep?.....	108
How will I know when my baby feels sleepy and that he is ready to go to sleep?	109
Types of sleep and waking in newborns	109
Encouraging your baby to develop good sleep habits ...	111
Is it possible to train my baby to differentiate between night and day?	113
Dealing with sleep disturbances in babies	113
How to deal with early waking	115
Child development from birth to 3 months.....	116
Pattern of developmental milestones	117
1. Growth charts for girls	118
1. Growth charts for boys.....	119
The first month.....	120
The second month.....	122
The third month.....	124

CHAPTER 4

BABY FROM 4 TO 6 MONTHS.....	126
Feeding your baby.....	126
Introducing solid food.....	126
When should I start to add some solid food along with breast	

milk?	128
Introducing solid food.....	128
Things to pay attention to when giving your baby solid	
When giving your baby solid food.....	131
Foods that must be avoided during this period	132
Does solid food change the baby's stools?	134
Feeding your baby in the fifth and six months.....	135
Feeding your baby in the sixth month.....	137
Development of the baby from 4 to 6 months	137
The fourth month	137
The fifth month	139
The sixth month	141

CHAPTER 5

YOUR BABY FROM 7 TO 12 MONTHS.....	142
Nutrition in the seventh and eighth months	142
How can I help my baby sleep peacefully and comfortably?	145
Crying	146
General changes at this stage (7-12 months)	147
Teething.....	147
When will my baby start remembering things?	151
Child development 7 to 12 months	154
The seventh month.....	154
The eighth month	155
The ninth month.....	157
The tenth month	158
The eleventh month.....	160
The twelfth month.....	162
Keeping your child safe	164

CHAPTER 6

YOUR BABY FROM ONE TO TWO YEARS OLD.....	173
Feeding your child	173
When is the right time to stop breastfeeding?.....	174
Encouraging your child to eat healthy foods	175
Taking care of milk teeth	176
When should the child move from the crib to a bed?	177
Pampering the child	177
Common problems in children at this stage – prevention and cure	180
Aggression	180
Stubbornness.....	183
Fear	185
Jealousy.....	188
Bedwetting	191
Delay in speaking.....	194
Stuttering.....	196
Delay in walking.....	198
Bowleggedness	201
Manners and etiquette.....	202
Toilet training.....	206
Step-by-step guide to toilet training.....	207
Child development from 13 to 15 months	210
Child development from 16 to 18 months	213
Child development from 19 to 24 months	216

CHAPTER 7

CHILD FROM 2 TO 4 YEARS.....	220
The Prophet ﷺ and children	220

Children and television	233
Unacceptable behaviour in the family	238
Smoking.....	238
Arguments between the parents in front of the children	240
Hitting children.....	243
Insulting or swearing at children.....	246
Play	247
Developing the child's skills through play.....	250
Examples of fun and educational games for children....	255
Active play	264
Nursery rhymes and songs.....	268
Short stories for children.....	273
Kindergarten and its importance in education	274
How to choose a suitable daycare/nursery school for your child.....	278
Is it the role of the nursery school or kindergarten to teach the child how to read and write?	280
Preparing the child to read and write in kindergarten....	281

CHAPTER 8

COMMON CHILDHOOD ILLNESSES.....	285
Common cold.....	285
Influenza (flu).....	288
Diarrhoea and dehydration.....	291
Dehydration.....	292
Healthy nutrition for your child	296
Prevention of diarrhoea.....	297
The danger of kissing your small child on his mouth....	298
Food allergies.....	299

Asthma	303
Chickenpox	305
Poliomyelitis	308
Whooping cough (pertussis)	309
Measles	311
Rubella (German measles)	312
Rheumatic fever	313
Diphtheria	316

CHAPTER 9

ACCIDENT PREVENTION	319
Keeping your child safe from accidents	319
Prevention of poisoning	320
Prevention of choking and suffocation	321
Prevention of broken bones and falls from high places	322
Prevention of fire and electric shock	323

CHAPTER 10

FIRST AID FOR CHILDREN	324
First Aid for poisoning	325
First Aid for burns	326
First Aid for breaks and fractures	328
First Aid for near drowning	329
First Aid for wounds and bleeding	330
First Aid for bites and stings	331
First Aid for eye injuries	333

WELCOME TO THE WORLD OF MOTHERHOOD



Maternal feelings

This heartfelt emotion that dwells in every corner of my heart, these instinctive feelings that are deeply rooted in me, this compassion and mercy that encompass this infant whose features are not yet even clear, all these feelings will grow in your heart; you will find yourself experiencing new emotions and be filled with love, concern and joy for this little one who has emerged from your body and is now a part of your life.

The instinct of motherhood is that to which the very existence of mankind is connected; were it not for motherhood the human race would have become extinct.

Hence Allah has created us with this emotion and has made these little ones the adornment of our lives. Allah says:

"Wealth and children are the adornment of the life of this world"
[al-Kahf 18:46].

ARE YOU READY?

PREPARING TO WELCOME THE NEWBORN

There are plenty of preparations to be taken care of before the baby arrives. The following is a guide to some of the things you will need to take care of the little newcomer.



CLOTHING

You will need the following:

- 6 sleepsuits
- 6 undershirts (buy the ones that fasten between the baby's legs)
- bibs
- socks (if you buy the sleepsuits with feet, you may not need socks)
- coat or "snowsuit" (all-in-one outer garment for cold weather)
- 3-4 sets of clothes for going out
- 2 receiving blankets (small blankets or sheets for swaddling, putting over one's shoulder when burping the baby, etc)
- Buy woollen blankets, especially during the winter.

Pay attention to the time of year the baby will be born when you buy supplies for him, so that you will not buy summer clothes when he is going to be born in the winter or vice versa.

When buying clothing for your baby, make sure that the kind of fabric the clothes are made of will not bother him; some kinds of wool or synthetic fabrics may be uncomfortable and make his skin itch. (Cotton, cotton blends and knit fabrics are most comfortable.)

YOUR BABY'S HAIR

When the child is born his hair is soft and dark; this hair will disappear during the first week following birth and other hair will grow in its place.

You may find that there is some light hair covering many parts of your child's body, such as the cheeks, ears, shoulders and back, but this hair will disappear after the fourth month.



Remember that there is no connection between the hair of the newborn at the present moment and what will happen to it in the future. It is said that infants who are bald usually turn out to be blond whereas hair that is blond at birth usually turns dark. Your child may be completely bald when he is born, and you

may not be able to tell at that stage what colour his hair is, until a later stage.

YOUR BABY'S EYES

The eyes may appear swollen after birth.

That is because of pressure during birth, but this symptom will quickly disappear.



The eyes may secrete a yellowish substance which results from blockage of the tear duct or a minor infection in the eye; this problem may be treated with drops prescribed by the doctor.

EYE COLOUR



The colour of the infant's eyes does not become clear until he is at least a few months old. The eyes do not remain the same colour as they are in the first moments after birth because as the child develops, his body begins to produce a pigment called melanin. It is also possible for a child to be born with eyes of different colours, although this is rare.

YOUR BABY'S MOUTH AND NOSE

It is normal for the baby's nose to be blocked, so do not resort to using nose drops to clear this blockage or using anything else without first consulting a doctor.



The baby's tongue may be white, which is something natural because the infant relies on milk as his only source of nourishment. But if some white spots appear on a pink tongue, this may be indicative of thrush (overgrowth of a yeast called candida in the baby's mouth). Your doctor will be able to advise you of appropriate treatment.

JAUNDICE

Jaundice affects a large number of newborns, causing yellowness in the skin and eyes. This happens as a result of elevated levels of bilirubin in the blood. Bilirubin is a normal pigment made when red blood cells break down. It is usually processed by the liver and eliminated in the stool. In jaundice, the body is making too much bilirubin or the liver is not able to get rid of it quickly.



TIMING OF THE 'AQEEQAH

Imam Ahmad said: (The '*aqeeqah*) should be sacrificed on the seventh day; if it is not done then, it should be done on the fourteenth day; and if it is not done then, it should be done on the twenty-first day.

HOW IT IS DONE

Two sheep should be offered as '*aqeeqah* for a boy and one sheep for a girl, because of the *hadeeth* of 'Aa'ishah ؓ who said: The Messenger of Allah ﷺ said: "Two similar sheep for a boy and one sheep for a girl."

According to another report: The Messenger of Allah ﷺ instructed us to offer '*aqeeqah*, for a girl one sheep and for a boy two sheep. What is meant by "similar" is that they should be equal in age, type, gender and fatness. One matter to which attention must be paid when offering '*aqeeqah* for the newborn is that no bone of the animal should be broken, whether when distributing it or when eating it, because of the report narrated from Ja'far ibn Muhammad from his father, and also from 'Aa'ishah, according to which the Prophet ﷺ said concerning the '*aqeeqah* offered by Faatimah on behalf of al-Hasan and al-Husayn: "Let them send a leg to the midwife, and eat and give to others, but do not break any bone of it." And he used to say: "Cut it into portions but do not break any bone." Portions here means limbs.



CONDITIONS OF THE SACRIFICE

The conditions for the '*aqeeqah* sacrifice are the same as those for the *udhiyah* sacrifice. These conditions are:

- It should be over one year old if it is a sheep or goat; in the case of a sheep, if it is fat it may be six months old, so long as it cannot be told apart from one that is one year old. In the case of goats, the condition that it be over one year old is essential.
- It should be free from defects. So it is not valid to slaughter an animal that is blind, one-eyed, emaciated or lame and unable to walk to slaughter. It is also not permissible to slaughter one that has lost its teeth, or one that has no ear because it was born that way, or one that is so crazy that it cannot even graze, or one that has had its tail or buttock cut off if more than one third of it has gone. As for minor defects, it is permissible to slaughter such animals although it is better that the animal be free of all defects.
- It is not valid to have others sharing in this sacrifice because in this case the blood is shed on behalf of the child; it is like a ransom for him.
- It is permissible to slaughter a camel or a cow, on condition that it be on behalf of one child.
- In the case of '*aqeeqah* it is permissible to give away some of the meat, to give some to charity and to eat some, so as to spread the love among the members of society.



Storing expressed breast milk

You can store expressed milk in sterilised plastic containers designed for this purpose or in sterilised plastic bags.

Freshly pumped breast milk that is stored in the refrigerator should be used within a maximum of twenty-four hours. Frozen milk should be used within a period no longer than three months.

To defrost frozen milk, put the bottle or bag in a vessel of warm water or run warm water from the tap over it, or defrost it in the refrigerator overnight. It is better not to use the microwave or bottle warmer because these two methods reduce the nutrients in the mother's milk.



CONTRAINDICATIONS FOR BREASTFEEDING

Breastfeeding is very important for the growth and development of the baby, and it is also important for the mother, and there are benefits of mother's milk as we have mentioned above. But there may be cases in which breastfeeding is not appropriate; these reasons may have to do with the mother or the baby or both. The most important of these reasons are as follows:

Factors preventing the mother from breastfeeding

- If the mother has a disease that may affect the baby, such as tuberculosis which can be transmitted by touch between the mother and her baby or through the respiratory system.
- If the mother is suffering a chronic disease that exhausts her and saps her strength, such as heart disease, cancer, kidney disease, liver disease and anaemia.
- If the mother has a contagious disease such as typhoid or a lung infection.
- If the mother becomes pregnant it is preferred for her to stop breastfeeding after the fifth month, otherwise that may pose a physiological burden on the mother.
- It is preferred to treat inverted nipples before breastfeeding the baby.
- If there is damage to the nipple, breastfeeding should be stopped for 2 to 4 days, or the mother may use a nipple shield; it is better to consult the doctor in such cases.

Factors preventing the infant from breastfeeding

- Ulcers in the baby's mouth
- Heart or lung disease
- Neurological problems that lead to a weak sucking reflex
- Children who are born prematurely are not able to suck

FOODS THAT MUST BE AVOIDED DURING THIS PERIOD

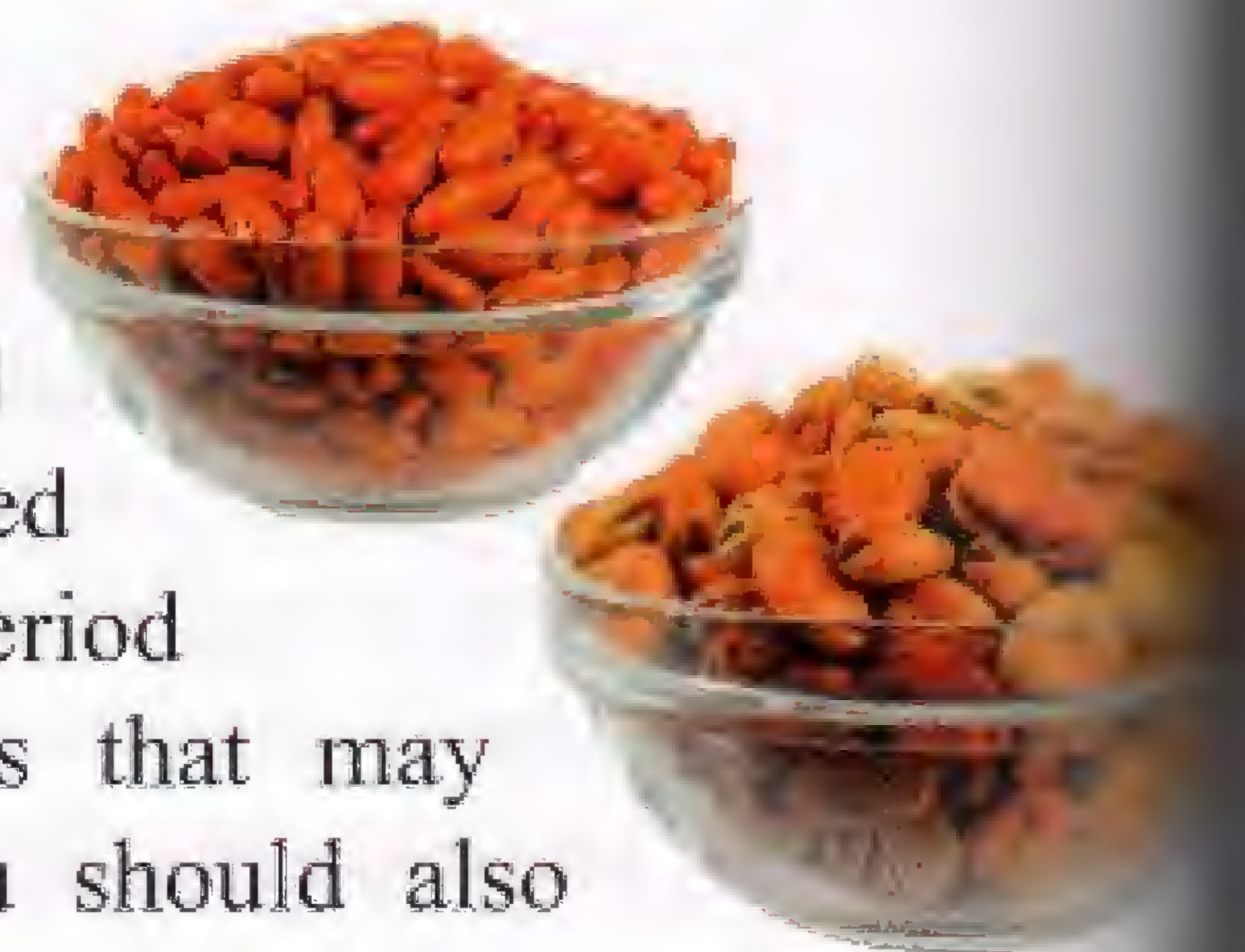
1. Foods that contain high levels of protein, such as cow's milk. Cow's milk contains a small amount of vitamin C and E, as well as iron, but it also contains high levels of protein and saturated fats. These substances are very harmful at this stage, and too much protein leads to an antigen-antibody reaction.



What is an antigen-antibody reaction?

The intestines of the infant are more sensitive and more porous, hence proteins leak more easily into the bloodstream and interact with the immune system in the infant's body in the same way that the immune system reacts with germs. In other words, the infant's immune system treats the proteins as if they are germs and interacts with them on that basis. The more often the child eats that type of food the more his immune system reacts as if it is infected with a contagious disease. This is called an antigen-antibody reaction.

2. All kinds of legumes (including beans, lentils and peanuts) and tree nuts. Your baby has no need for these foods during this period because they contain proteins that may trigger allergic reactions. You should also



keep these foods away from the baby so that he will not pick one up and put it in his mouth, which may cause him to choke if the bean or nut gets stuck in his throat.

3. Fried or fatty foods
4. Citrus fruits
5. Eggs and their derivatives
6. Onions and garlic
7. Honey, sugar, salt and all kinds of spices